BENGALURU, SATURDAY, DECEMBER 23, 2023 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SATURDAY

TEMP Max 27 | Min 16 | Humidity 51% Partly Cloudy Sensex 71,106 | Nifty 21,349 | Gold 63,089 | Silver 75,831 | Dollar 83.14 | Euro 91.63 | GBP 105.77

'Service charge payment – discretion of customer if not displayed by hotels/restaurants prominently – included in bills by default'

YOU'VE BEEN SERVED

'Customer to be informed in advance if charge is mandatory or voluntary'

Rachana Ramesh
c-rachana.ramesh
@timesgroup.com

TWEETS @BangaloreMIRROR

Customers of prominent restaurants in the city have noted that many of them do not prominently display the service charge being levied on the bill, on the menu or elsewhere in the premises of the restaurant.

They also said the staff do not inform the customers on the payment of service charge being voluntary while the bill has the charge included by default, going against the set guidelines.

Sanjana Koujalgi, an IT employee, said: "Most pubs and restaurants

CONTINUED ON PAGE 10 »

LIGHTSCAPE/UNSPLASH

"If the customer demands it be taken away from the bill, the restaurant must comply...

— PC Rao, president, Bruhat Bangalore Hotels Association

City streets unsafe for schoolkids

Construction debris, encroachments, broken slabs, poles, garbage, signboards, uneven footpaths waylay kids

Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Too many vehicles, encroachment of walkways, broken footpath slabs, protruding electric wires, and haphazardly parked vehicles are only some of the reasons making Bengaluru's streets unsafe for school-going children.

A study conducted on safety and risk assessment of child pedestrians in the VV Puram area showed that children commuting to school on foot have to cross many such hurdles to reach the campus, raising safety concerns.

The assessment conducted on 80 government schoolchildren from Vinoba Nagar identified 122 safety concerns for child pedestrians over a nearly 1.3-km stretch of JC Road and two smaller stretches in the area.

CONTINUED ON PAGE 4 »

3 THINGS TO DO

01 Wedding vogue

Experience the epitome of elegance and style at India's premier bridal showcase, Hi Life Brides, presented by Hi Life Exhibition – the trailblazer in fashion and lifestyle exhibitions. Hi Life Brides is a must-visit day out for the entire wedding party. Whether you are planning a traditional wedding or seeking a more contemporary affair, this event is tailored for you. **When- Until December 24; Where- Taj West End**

02 Millet culinary fest

Celebrate the richness of millets and their culinary versatility at the State Level Millet Culinary Competition to foster Millet Culture and appreciate the diverse culinary creations inspired by this nutritious grain. **When - December 23 Where - Slurp Culinary Academy, Indiranagar**

03 Winter wonderland

Embrace the festive spirit and beat the winter chill with a 10-day Sale-cum-Exhibition of exquisite artefacts, handicrafts, and warm winter essentials. The event kicks off on the eve of Christmas and New Year, promising a delightful shopping experience for all. **When- December 22 onwards; Where- Chitrakala Parishat**

Heritage comes alive at Nandi Halt station

INTACH and South Western Railways transform station, build city's railway first-ever rail museum; park and groundwater rejuvenation project to follow

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The restoration work at Nandi Halt Station, undertaken by the South Western Railways, is set to be complete by January

The restoration work at the Nandi Halt Station, undertaken by the South Western Railways (SWR), is expected to wrap up by January, according to Kusuma Hariprasad, Additional Divisional Railway Manager (ADRM) of Bengaluru Division, SWR. The collaborative effort between the Bengaluru Division of SWR and the Indian National Trust for Art and Cultural Heritage (INTACH) is steering the restoration project.

INTACH has successfully restored three heritage stations—Doddajala, Devanahalli, and Avatihalli—constructed during British rule along the Yelahanka-Chikkaballapur-Kolar railway line, which became operational in 1915. These restoration efforts were made possible through Corporate Social Responsibility (CSR) funding from Mineral Enterprises Ltd. The fourth heritage station awaiting restoration on the same line is the Nandi Halt Station.

The Nandi Halt Station is more spacious in comparison to the other stations and is situated close to Nandi Hills, one of the favourite weekend getaway spots for Bengaluru residents. Along with the restoration work, the SWR has taken up the task of building the city's first-ever railway museum near the halt station. Priorly, the SWR has developed railway museums in Mysuru and Hubballi.

To enrich its museum collection, SWR previously sought contributions from retired railway officials, public institutions, and NGOs, encouraging the submission of artefacts with historical significance related to the railways. These items include books, reports, files, journals, photographs, sketches, pamphlets, documents, slides, notes, magazines, layout plans, tape recordings, audio/video cassettes, films, furniture, stamps, models, statues, newspaper clippings, and more. Citizens are invited to share their possessions, which will be curated and showcased in the museum. Additionally, the station will boast a park featuring attractions like a toy train.

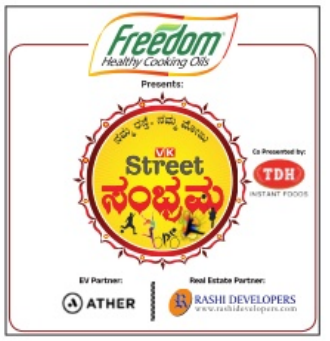
Along with the restoration work, the SWR has taken up the task of building the city's first-ever railway museum near the halt station

Apart from this, the SWR has proposed a groundwater rejuvenation project in the vicinity of the railway land. This project will focus on an area near the Dakshina Pinakini River, which originates from Nandi Hills approximately 2.5 kilometres away.

Unleash Sunday bliss with VK Street Sambhrama

This Sunday, the 60 Feet Road at Andrahalli D Group Employees' Layout will come alive with excitement as people from across the city gather for the VK Street Sambhrama. This fantastic event, organised by Vijay Karnataka and Bangalore Mirror in collaboration with the Bruhat Bengaluru Mahanagara Palike (BBMP) and the police department, aims to empower people to reclaim the streets. Being the main connecting road between Magadi Road and Nelamangala Road (Eighth Mile), residents from various neighbourhoods are expected to join in the festivities.

The upcoming Street Sambhrama on December 24 promises much more than just a street takeover—it's a delightful mix of entertainment, sports, and pure fun. Starting at 8 AM, this lively event caters to all age groups, boasting participation from film stars, TV artists, renowned singers, and other notable personalities. From Yogasana to kids' painting, fancy dress competitions to women's rangoli contests, lemon and spoon races to hopscotch, marbles, skipping, pottery making, caricature, and more, there's something for everyone. Prizes galore await participants in various contests, making the morning festivities memorable. The celebration wraps up by noon, leaving everyone with cherished memories. Participating in Street Sambhrama is not only free but also includes entry to any of the numerous programmes. **— Prakash VL**



VK Street Sambhrama
Venue - 60 Feet Road at Andrahalli D Group Employees' Layout
Register by contacting - 7676668588

A file photo from the VK Street Sambhrama held in Sahakaranagar in November.

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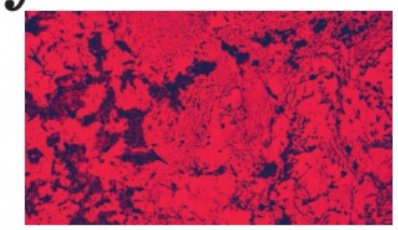
RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

Write to him at rajmohan.sudhakar@timesgroup.com

Democracy on brink



Most of the subterranean cave-dwelling fish and oft-bizarre looking creatures that inhabit depths of oceans are bereft of vision in their pitch dark environs.

Upon close examination of some of these life forms one can locate the remnants of organs that were once eyes — as though caught in the cusp of devolution.

Creatures that once had vision let it devolve in time as they moved into the dark labyrinthine caves of the netherworld or ocean depths for a better go at survival. They do not have any use of the faculty of vision in such darkness.

That said, have we as a collective in India decided to forgo vision in the dark alleys of a flailing democratic discourse?

If not, why isn't there public outrage - from the electorate that sent members to the parliament - or the press, when representatives of parliamentary constituencies are deprived of constitutional privilege on shaky grounds in almost every other sitting of the upper and lower houses?

Perhaps caught at a crossroads we are as a collective where democratic safeguards are reduced to mere props in a ramshackle theatre which goes on irrespective of the audience awaiting a happy/befitting ending that never seems to arrive act after act.

Just as the subterranean fish that lost vision devolving over aeons in the darkness of the caves, we are losing sight of democracy now, that too on the contrary in a minuscule span of a decade, unable to fathom the ramifications of lawmaking without consultations for a large majority of individuals who are definitive stakeholders but are not considered such anymore.

The state of democracy in the world's most populous nation is indeed a marker of democracy in the world. Surely it does not look rosy when the constituent citizen — hardly able to react or even comprehend what's going on, caught up in a web of inflation, joblessness and poverty — is brushed aside just as their representatives are in the parliament.

So if youths are breaching security and demonstrating inside the parliament of late, it is no doubt pointing to deep seated systemic and societal ills that have crept in the sociopolitical milieu over the past decade, now in need of imminent correction especially for the prospects of the young and aspiring population.

Youths have not decided to let go of vision like their older counterparts in the radiant sunshine of a communication revolution where everything is supposedly more transparent than it was than ever before, as we are told. The digital transformation was to be a safeguard for democracy, wasn't it? Definitely not, you may say, all things considered.

Parliamentarians of the opposition parties demanding accountability from the authorities concerned for the aforesaid security breach by youths are suspended and shown the door for the rest of the session. This is the least of measures warranted at a time when the electorate and the houses of parliament shall introspect what's at stake for an emerging young nation trying to build itself back from colonial ruins.

That India is the most populous parliamentary democracy is oftentimes overlooked and hardly ever mentioned in the news cycle is perplexing amid such excesses of the sleight of hand riding on the so-called absolute mandate trope. Absolute mandate does not mean you game and override constitutional checks and balances or find ways to gamify them to your advantage as observed oftentimes.

Irrespective of the fact whether the constituents voted a political outfit to power or not, the former's right to be heard is sacrosanct in a parliamentary democracy.

This reserved right to transparency in the course of a nation's journey into the future is then deservedly critical when 140-odd members of the parliament of the Lok Sabha and Rajya Sabha are suspended and so-called groundbreaking legislations are brought in without deliberation, over a voice vote.

We have witnessed not so long ago how the government was forced into a u-turn when contentious laws pertaining to the agriculture sector were brought forth likewise without consultation and later had to be withdrawn after a year-long agitation by the farmers.

The opposition parties termed this bulldozing of lawmaking draconian, denying their constituents' right to even voice their opinion and analyse the provisions of the proposed laws before they come into effect. In effect, by denying opposition MPs a place in the houses as crucial bills are tabled, the fundamental rights of tens of millions of citizens stand nullified.

The latest case is the new laws: state taking over telecommunications during emergencies and the tweaking of criminal procedure code are as critical as ever. Meanwhile, a Lok Sabha election nears.

In desperate times, turn to desperate measures. For instance, research suggests flowers are learning to pollinate themselves, and making themselves less attractive, in the rising absence of pollinators. Now whom/what should the political opposition and electorate turn to when constitutional checks and balances are no longer serving the citizen?

Loose control on newly fixed BTM Layout road

Residents of area say low-quality material used has made gravel come off in days, posing bigger risk to commuters

Bangalore Mirror Bureau
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Shoddy pothole repair work by the Bruhat Bengaluru Mahanagara Palike (BBMP) has left residents of 2nd phase, BTM Layout, fuming. Locals say BBMP workers have filled the craters with low-quality tar, making the stretch even more dangerous for commuters.

"While the potholes are not very deep, they pose a risk for two-wheelers. Multiple accidents involving two-wheelers have taken place in the past due to these potholes. This is the reason we raised the complaint with BBMP. However, the situation has become even more dangerous after repair," said Naveen, a resident of BTM Layout. Commuters who use the stretch regularly say the BBMP workers filled the craters four days ago. However, due to the bad quality of tar, the mixture has given way to loose gravel. This is dangerous not only for two-wheelers but other vehicles and pedestrians too.

"The potholes were filled by BBMP nearly four days ago and the mixture is already coming off. The loose stones fly all over at high force when vehicles hit them. This is dangerous for pedestrians and two-wheelers that might skid if the brake is applied. The stones are already getting out of the potholes and covering the road. Locals are trying to fix the issue with the help of mud," said a resident of the area.

> **The potholes were filled by BBMP nearly four days ago and the mixture is already coming off**
>
> –Resident of the area

Residents say while the issue was brought to the notice of the BBMP official concerned a couple of days ago, no action has been taken on the ground.

"We were informed by on-ground workers that the potholes will be fixed using the concrete mixture, however, the craters are still not repaired. It is a shoddy work done by BBMP," added Naveen.

When BM reached out to BBMP, they said the stretch would soon be repaired. "We had filled the potholes with jelly and m-sand mix as an emergency solution. The craters will soon be attended to and tar mix will be used to cover them. The repair work will be taken up on Monday and all the potholes on 31st Main Road will be fixe," said the official.

Quick-fix on potholes at 31st Main Road hasn't worked

122 safety concerns for child pedestrians

CONTINUED FROM PAGE 1

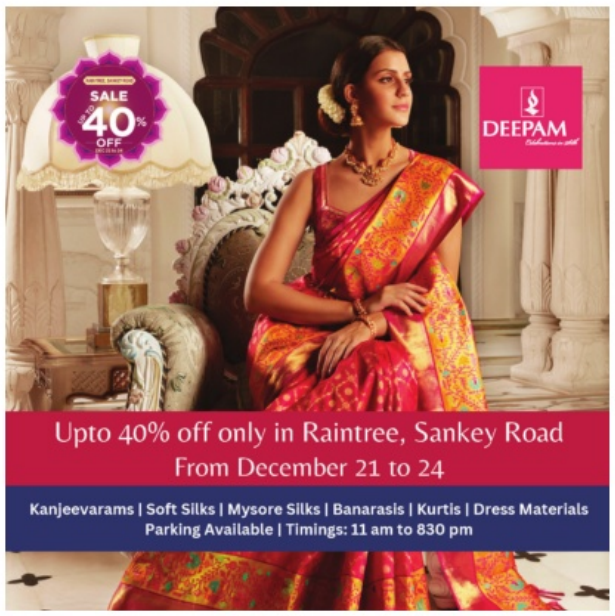
The study highlighted that a proactive approach by concerned departments is the need of the hour to ensure a safe environment for child pedestrians in the city.

"The situation is more or less the same across all footpaths in the city. Footpaths are one of the few commons available to people in cities. It is used by all citizens including vulnerable communities like children, senior citizens, persons with disabilities, and pregnant women. However, the assessment shows that a major portion of the footpath on JC Road is diverted for carriageway and walkway space is reduced to 3-ft at a busy junction like Minerva Circle. To add to that, there are more than a hundred hurdles putting children at risk," said Raghavendra B Pachhapur of ActionAid Association, a city based NGO that conducted the study.

Out of the 122 safety concerns, 79 include issues such as construction debris, encroachment, broken slabs, poles, garbage, slanted sign boards, and uneven footpath surfaces. A total of 19 safety concerns were related to loose electric wires and electric junction boxes. As many as 24 concerns were regarding parked vehicles, traffic light poles, non-functional traffic signs, and faded zebra crossings.

"On average, 11,704 vehicles cross the Minerva Circle during the morning peak hours and 10,954 vehicles during the evening peak hours. Peak hours include children from a vulnerable section of society crossing the stretch to go to their school or return home. While construction debris or garbage piles on pedestrian ways create inconvenience for children forcing them to get down on the busy stretch, exposed wires are a direct threat to their safety. Parked vehicles also occupy a significant portion of the walkable space, forcing child pedestrians to navigate around them or step onto the JC main road. Departments responsible must work towards mitigating these risk factors," added Pachhapur.

The study recommends wires hanging low on the footpath should be secured, debris should be cleared, encroachments must be evicted and more traffic personnel should be guarding busy junctions such as Minerva Circle to ensure child pedestrians are safe. It called out to government agencies such as BBMP, BESCOM, and Bengaluru Traffic Police to secure the footpaths of Bengaluru.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1,475 cases against auto drivers refusing rides

The Bengaluru Traffic Police (BTP) have booked 1,475 cases against auto drivers for refusing to go on hire this year.

Frequent commuters who rely on auto rickshaws for transportation have called on authorities to depute personnel at prominent spots in the city to keep an eye out for drivers refusing to go on hire and charging additional amounts over the set price.

"Auto drivers refuse to go towards residential areas that are quaint and demand additional amounts to drop passengers to their desired locations. It is unlikely that they (auto drivers) won't find a passenger around such areas for them to return to busier areas, requiring them to travel a while without earning any income but this aspect must not allow them to refuse hire," said Rakshitha NK, a graphic designer who uses auto services regularly. She added that an extra charge must be set by the government, in case the destination is in the interiors. "We understand the plight of auto drivers but they must not take advantage of this and demand excess amounts or refuse to go on hire. The situation causes much hassle for those who rely on autos for first and last mile connectivity," she explained.

On the other hand, prepaid auto stands manned by personnel from the transport department or the traffic police will help the situation, said a few commuters. "This will also help with the situation of auto drivers refusing to go on hire and with those who charge additional amounts to the set government fare," said Narayan, an insurance agent. **–BMB**

HAL breaks loose: Swindlers pull land con worth ₹19 cr

Accused colludes with 17 others to promise land belonging to HAL on lease to man

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

A few fraudsters promised a person that they would lease out land belonging to Hindustan Aeronautics Limited (HAL) and cheated him of crores of rupees.

HAL Police have registered a first information report (FIR) on August 24, 2023, against Binish Thomas and 17 others for cheating Suresh Jain of Shanthi Nagar. The other accused are: Salim, Cheluvaraju, Rajashekhar, Deepak Roy, Murthy Murugan, Venkateshwara Rao, Syed Munavar, Syed Afroz, Balasubramanyam, Anand, Chamelu, Balakrishna, Khan, Velumurugan, Jikku Joseph, Jijy George, Suraiya Khanum Sabri.

Suresh Jain, the complainant, has claimed that he came into contact with Binish at the latter's office in Victoria Layout. Jain claimed in the complaint that Binish had plotted with the 17 others to get money from him. "Binish promised to get the land belonging to the HAL for lease on February 15, 2017. I wanted to start a school for students from poor families. Binish introduced me to accused number 15 (Velumurugan) at HAL Office and discussed leasing out four acres and 23 guntas of vacant land situated at Byrasandra village for 30 to 40 years. Binish arranged a few meetings with some HAL employees to gain my confidence. I am not sure whether the ID cards were original or duplicate. I paid Rs 19 crore to Binish expecting the land for lease," said Jain in the complaint.

HAL police had registered an FIR against unknown persons based on a complaint lodged by Suresh Abboju, FMD Division, HAL on February 1, 2023. The police arrested Jain along with six others on February 17 for allegedly creating 25 forged documents relating to 833 acres of land belonging to HAL. "They arrested me for no reason. It caused me immense loss. If I had colluded with Binish, why would I give him Rs 19 crore?" asks Jain.

> **Binish promised to get the land belonging to HAL. I wanted to start a school for students from economically poor families**
>
> –Suresh Jain, complainant

According to Binish's profile on Facebook which is locked, he claims to be working for South India Times Newspaper, and is also a member of National Working President for National Journalists Union, Vice President Karnataka Journalist Union, Director International Council for Journalists, and finally also a columnist.

When Bangalore Mirror contacted the South India Times Newspaper at Somajiguda, Hyderabad, we were informed that no one by name Binish Thomas is on their rolls.

Burning trash leaves Bellandur breathless

Urgent call for comprehensive waste management strategy as farm turns waste burning hotspot and residents of apartment complexes nearby choke in smoke

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

Gayatri Farm in Bellandur has turned into a hotspot for waste burning

The improper disposal of waste, particularly through burning, has become a major concern in the city. One alarming incident that has garnered significant attention involves a farm in the Bellandur area. This location has turned into a hotspot for waste burning, leading to severe respiratory issues for the residents.

Despite numerous complaints to the Bruhat Bengaluru Mahanagara Palike (BBMP), the situation persists, leaving citizens frustrated and at risk of health issues. In a distressing scenario, residents feel helpless as no effective action has been taken despite their repeated grievances to the BBMP.

Residents of a nearby apartment complex have expressed their concerns about the uncontrolled waste burning, stressing the severe consequences it poses. "Every time they burn the waste, the smoke from the farm fills up our house and the surrounding area, making it challenging to breathe. This is particularly concerning for children and the elderly, who are at risk. Despite my attempts to address the issue with the farm owner, he appears to disregard the calls and remains careless," a resident of Bellandur said.

The residents pointed out that the combustion of waste releases harmful pollutants into the air, including particulate matter, carbon monoxide, nitrogen oxides, and others. This apart, inhaling the toxic fumes from burning garbage can cause a variety of health problems such as respiratory infections, asthma, and other respiratory diseases. Children, the elderly, and individuals with compromised immune systems are particularly vulnerable.

In response to this pressing issue, Vishnu Reddy, Zonal President of the Bengaluru NavaNirmana Party (BNP) Mahadevapura, highlighted the urgent need for a comprehensive waste management strategy in Bengaluru. Reddy said, "The Gayatri Farm incident underscores the urgent need for a comprehensive waste management strategy in Bengaluru. The BBMP must take immediate and effective measures to address the issue through increased monitoring, strict penalties for offenders, and community awareness programmes."

> **"Despite my attempts to address the issue with the farm owner, he appears to disregard the calls and remains careless** – Resident of Bellandur

Lalithamba BV, Governing Council Member and Zonal Leader of the BNP Bommanahalli said, "Addressing the waste burning issues in Bengaluru requires a multi-faceted approach involving community engagement, government intervention, and the adoption of sustainable waste management practices."

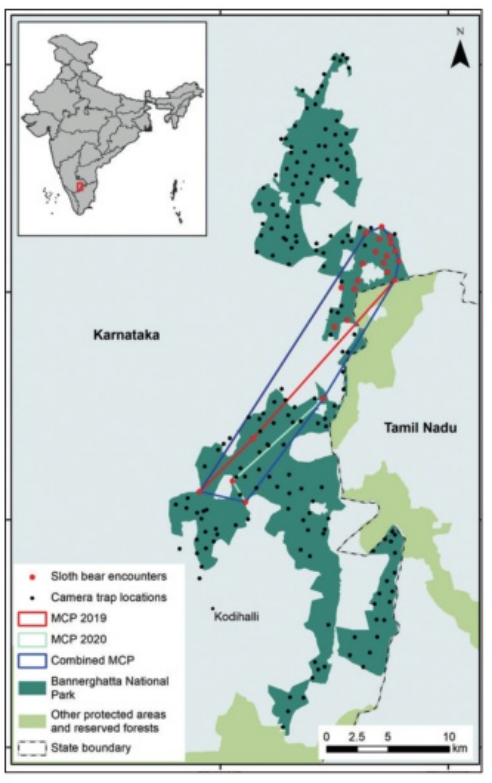
Illegal snares are hurting Bengaluru's wild ones

In Bengaluru, numerous wild animals coexist with urban life. However, the presence of illegal snares poses a significant threat to these animals, inflicting wounds that often necessitate care. A recent revelation through camera traps vividly illustrated the suffering endured by these creatures near the city. The use of camera traps to comprehend wildlife populations stands as a widely accepted scientific methodology. Dr Sanjay Gubbi's research on leopards has ingeniously applied this data, offering valuable scientific and natural history insights into various species. A recently published scientific paper in the international journal Ursus delves into how the distinctive body markings of sloth bears could serve as a means to estimate their home range.

"In Bannerghatta National Park (260 square kilometres), a camera-trapped sloth bear was found to have a distinct wound mark around its neck, possibly caused by a snare. Since sloth bears do not have natural markings on their bodies, individual animals are extremely difficult to identify. Hence, using this wound mark and Minimum Convex Polygon methodology, researchers estimated its home range to be about 58 sq km. During the years 2019 and 2020, this sloth bear was captured 40 times in 23 camera trap locations," Gubbi said adding that though India is home to more than 90 per cent of the sloth bear population, to date, only one study had estimated the sloth bear home range using radio collar data.

Pictures of the sloth bear with the unique marking, as detected on camera traps. These photos were used to estimate its home range; Right- A map depicting the camera-trap locations and the estimated home range of the sloth bear

Hence, the results of this study provide additional but important information about home ranges, highlighting that by-product camera trap data can also be very useful and provide valuable information on other species. Gubbi added that this study also suggests that despite living in smaller forest patches, sloth bears still require large habitats to thrive, emphasising the need for fewer negative interactions with humans. — BMB



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Ignored black spot
MG Road

Despite numerous complaints, the BBMP has taken no action to address the black spot created on Palmgrove Cross Road.

Faulty footpath
MG Road

The footpath in front of Barton Centre on MG Road has been damaged.

Banner clutter
JC Road

Flex banners continue to clutter JC Road, despite the imposed ban.

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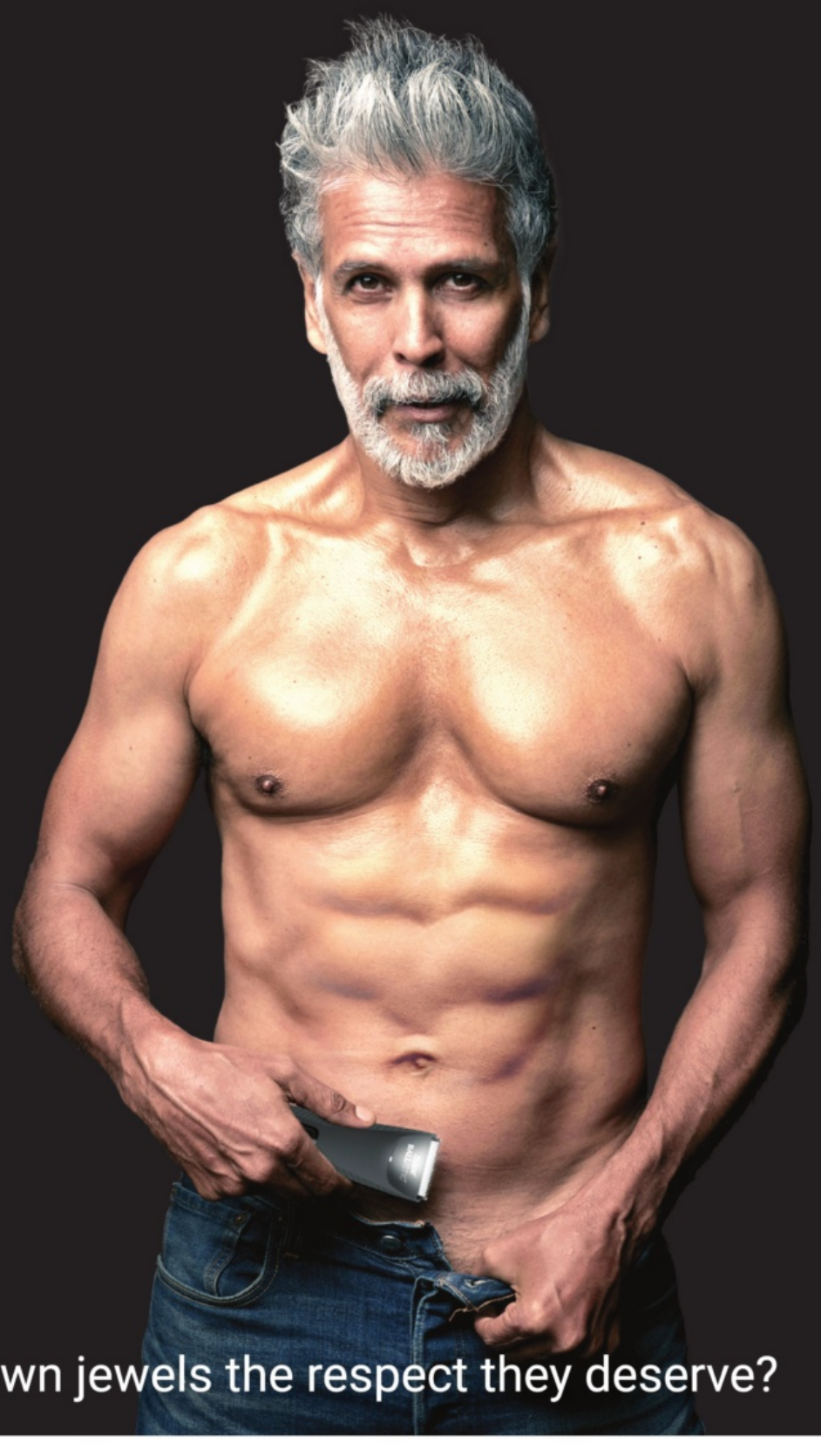

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All set? But no PPE kits to crematorium workers

Electric crematorium workers urge BBMP to ensure safety measures in face of covid cases

Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) has been claiming to be taking measures to prevent the spread of covid-19 in the wake of a new strain JN.1 identified in the country. However, so far it has not provided people working at electric crematoriums with personal protection equipment (PPE) kits.

It is said the people working at Hebbal crematorium were shocked when asked to cremate a person who had died of covid, on December 17. They did not have information or directive from the higher authorities about cremation in the case of covid.

"Initially, we hesitated to cremate the body as we do not have gloves and PPE kits. We told them to get permission from the BBMP Chief Commissioner but the ambulance driver, who brought the body, pleaded with us to cremate it. We did so as we do not want to send the ambulance back to the hospital," said Chandru, one of the workers at Hebbal crematorium, adding that the BBMP Medical Officer asked him to contact the electrical engineer for the PPE kits.

It is said the BBMP has made arrangements for the cremation of bodies at Banashankari, Hebbal, Medi Agrahara, Sumanahalli electric crematorium. The BBMP maintains 12 electric crematoriums in the city. During the second wave of covid, people working at electric crematoriums had to work round-the-clock to do the last rites.

Though the situation is not alarming this time around, people working at electric crematoriums want the BBMP to take safety measures. "I have already informed the BBMP Chief Commissioner and the Special Commissioner about the need to provide electric crematorium workers with PPE kits. They have agreed to do that," said Karnataka State Burial Grounds Workers Association secretary Shoury Raj.

Nodal officer of CV Raman General Hospital, shows 20 ICU beds set aside for covid patients, on Friday

> **"I have informed the BBMP Chief and special Commissioner about the need to give PPE kits to electric crematorium workers. They have agreed**
> –Shoury Raj, workers' association

It is said that medical health officers of the respective zones are authorised to buy and supply PPE kits but the medical officer of Yelahanka has advised the electric crematorium workers to contact the executive engineer (electrical) for the PPE kits.

When contacted, BBMP Executive Engineer (Electrical) Rajendra Naik said that medical officers used to get medicines and PPE kits during covid waves.

"It is the responsibility of the medical officers to ensure PPE kits are given to crematorium workers," said the executive engineer.

BBMP Special Commissioner (Social Welfare and Health) Babu Shankar Reddy told BM that he has already given instructions to the medical officers of the zones to supply PPE kits, sanitisers and gloves to the people working at the electric crematoriums.

When informed about non-supply of PPE kits, the Special Commissioner said he would look into the matter.

22 cases of JN.1 detected in India so far

#NEW DELHI

Twenty-two cases of covid-19 sub-variant JN.1 have been detected in the country till Thursday, with 21 cases being reported from Goa and another from Kerala, official sources said.

In Goa, the sources said, no clustering of cases of the JN.1 variant has been seen and all infected people have recovered without complications.

Those infected had mild upper respiratory tract infection with symptoms of mild dry cough, sore throat with or without fever, they said.

In November, 62 samples were sent to different INSACOG labs for whole genome sequencing for detection of the JN.1 variant, while in December, so far, 253 samples have been sent, the sources said on Friday.

"A total of 22 cases of the JN.1 variant have been reported till December 21 in the country," an official source said.

The Kerala case, a 79-year-old woman, has recovered without complications. She had mild symptoms and was the first case of JN.1 to be detected in India. The detection was made on December 8.

NITI Aayog member (Health) Dr V K Paul on Monday had said that the scientific community in India is closely investigating the new variant but stressed on the need for states to ramp up testing and strengthen their surveillance systems.

Even though the number of cases is rising and the JN.1 sub-variant has been detected in the country, there is no cause of immediate concern as 92 per cent of those infected are opting for home-based treatment, indicating mild illness, officials said.

There is also no increase in hospitalisation rates and covid-19 is an incidental finding in people hospitalised due to other medical conditions. **–PTI**

K'taka forms sub-committee; all states buckle up

Amid a rise in covid cases reported in the state, the Karnataka government on Friday constituted a cabinet sub-committee to tackle the situation and monitor the viral disease.

The committee includes Health Minister Dinesh Gundu Rao, cabinet ministers Sharan Prakash Patil, HC Mahadevappa and MC Sudhakar. Meanwhile, Karnataka's neighbouring states are also on high alert after the recent surge in covid cases.

Andhra Pradesh Chief Minister YS Jagan Mohan Reddy on Friday held a meeting with medical and health department officials over the spread of the new COVID-19 variant JN.1.

Kerala reported 265 fresh covid-19 infections and one death in the last 24 hours, according to data from the Ministry of Health and Family Welfare.

KAUSHIK JN

A health worker collects swab at Rajiv Gandhi Hospital, on Thursday

The total number of active cases of Covid-19 in the country was recorded at 2,997.

Earlier on Thursday, India recorded 594 fresh covid-19 infections - taking the number of active cases from 2,311 the previous day to 2,669, according to Union Health Ministry data.

Meanwhile, amid rising concerns over the emergence of the new variant of the Coronavirus, former World Health Organisation (WHO) chief scientist Dr Soumya Swaminathan asserted that there is no need to panic currently as it is a variant of interest and not of concern.

However, she urged people to be cautious by taking proper precautionary measures.

Speaking to ANI exclusively, Dr Soumya Swaminathan, former DG, of the Indian Council of Medical Research (ICMR) said, "We need to be cautious, but we don't need to worry because we don't have any data to suggest that this variant JN.1 is more severe or it's going to cause more pneumonia, more death."

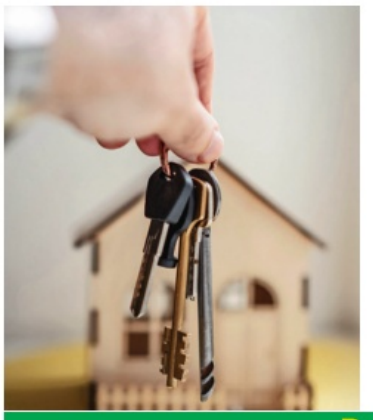
"I think what we need to do is try to take the normal preventive measures that we are all now familiar with. We were familiar with Omicron, so it's the same family. So not much has changed, but 1 or 2 new mutations have come up. And that's why I think WHO has said let's keep a watch on it. It's a variant of interest. It's not a variant of concern," said the doctor.

She further advised precautions to avoid infection, "Avoid being in a very closed environment with very poor ventilation with toxic people without a mask. So do wear a mask if you're in that type of very close setting because prolonged exposure to somebody infected increases the risk of infection." **–ANI**

Buzz around Nelamangala-Sondekoppa Road

Metro works are nearing completion on the Nelamangala Road. Soon, the last stop on the green line is set to become BIEC. According to the latest BMRCL newsletter, the stretch between Manjunath Nagar to Madavara (BIEC) is now 99.86% complete. Once the works are completed, then the Green line Metro network will be expanded from Nagasandra to BIEC. Realtors say that this will be a big boost to property development. "Recently, reaching Nelamangala has become easier. The first reason is the construction of Nelamangala expressway. This six-lane access controlled road along with four-lane toll-free service road has made the travel between Nelamangala and other parts of the city easier. Many are shifting towards Nelamangala and its suburbs like Sondekoppa Road," said a realtor.

Suresh Gowda, another realtor, added that the mass transport connectivity is set to get a boost as the Metro works are nearing completion. "As of now, residents of Nelamangala who want to take a Metro have to travel till Nagasandra. Once the BIEC station is ready, it will be an easy commute. As BIEC is on the junction of the NICE road, even those travelling via NICE road can park their vehicles to take a Metro train. There are proposals to extend the Metro beyond BIEC. The third advantage is that Nelamangala is blessed with multiple connecting roads; the Hassan road, Tumakuru road, airport road (via Madhure), NICE road. This is helping people to relocate to Nelamangala as they can travel to parts of Bengaluru and beyond without getting stuck in traffic." **-Prakash VL**



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Booming real estate in North Bengaluru

Development is set to take a big boost in the Chikkaballapur-Devanahalli area as a number of projects are being developed here. The government also aims to enhance Devanahalli, Doddaballapur, Nelamangala, Hoskote, Chikballapur, and Kolar districts. The shift of the airport from HAL to Devanahalli has significantly enhanced the residential properties landscape in North Bengaluru. Sandeep Gowda, a realtor, said that numerous infrastructure projects facilitate convenient movement for people. "North Bengaluru is now the preferred destination for plot buyers," said another realtor.

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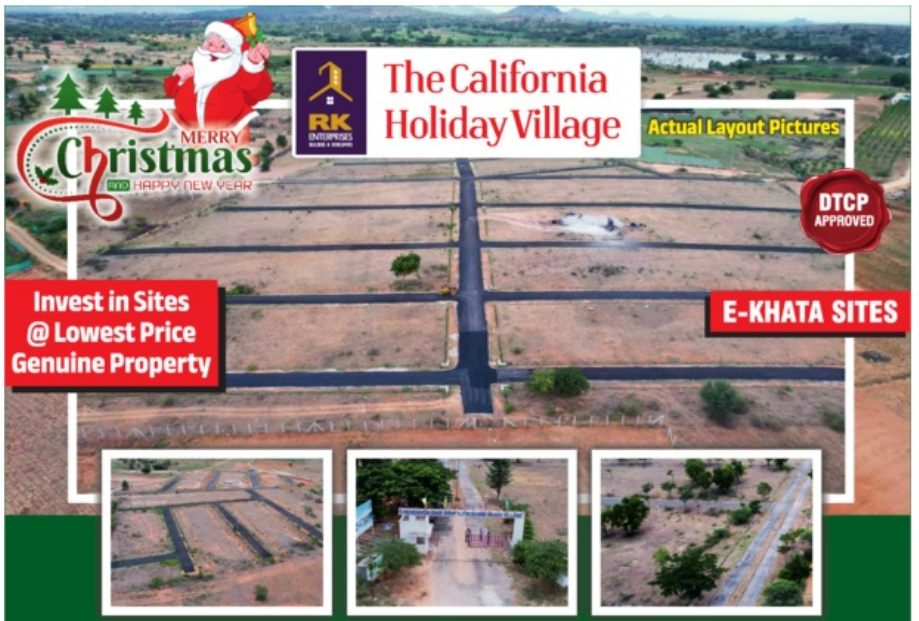

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Things to know about service charge

CONTINUED FROM PAGE 1

do not have a physical menu anymore but have instead switched to making the customer scan a QR code or download an application to access their menu and order. Here too, the levying of service charge is not displayed. Even if it is mentioned somewhere in the corner, it is not made clear that the customer can choose not to pay it or whether it is mandatorily being levied. When the staff arrive with the bill, we are not verbally informed of the service charge being levied or of the choice of its payment being voluntary."

Another frequent restaurant goer said: "The public must be made aware of the guidelines that have been put in place. Many do not know that the charges can be paid voluntarily, by standards set on their own discretion, depending on how much they liked the service. The default entry of service charge into the bills only confuses them further."

The Central Consumer Protection Authority (CCPA), a union-government appointed body to oversee consumer rights, issued guidelines in July last year, instructing that no hotel or restaurant shall add service charge by default in the bill and that the service charge shall not be collected from customers by any other name.

The guidelines were introduced "to prevent unfair trade practices and protection of consumer interest with regard to levy of service charge in hotels and restaurants."

CCPA had said that hotels and restaurants were required to inform customers that the charge is voluntary, optional and at their (customers) discretion. It had also noted that customers could not be restricted from services being provided based on the services charges required to be paid.

These guidelines were challenged in the Delhi High Court by the two largest hospitality industry representatives in the nation, the National Restaurant Association of India and the Federation of Hotel and Restaurant Associations of India. Later that month, the High Court put an interim stay on the guidelines with a condition that restaurants significantly display, on their menu and other areas in the premises, the fact that they levy a mandatory service charge.

> **"The phenomenon is prominent in the northern parts of the country but close to 90-92% of our hotels do not levy a service charge**

PC Rao, president of Bruhat Bangalore Hotels Association (BBHA), told Bangalore Mirror that only 5-8% of hotels in the state levy a service charge. "The phenomenon is prominent in the northern parts of the country but close to 90-92% of our hotels do not levy a service charge," he said.

Furthermore, the mandate is for the charge to not exceed more than 10% and the customer to be priorly informed whether the charge is mandatory or voluntary.

"The service charge being levied is prominently displayed on the menu and elsewhere in the premises of the hotels. If the customer demands it be taken away from the bill, the restaurant must comply and not coerce them into paying the excess amount. Currently, many hotels charge from 5-10% of service charge on the entire bill," he explained.

In January this year, a pub on Brigade Road was ordered to pay Rs 500 as compensation to a customer for adding a 7.5% service charge to their bill.

When the consumer, Sameer Annageri Krishnamurthy, a resident of Indiranagar, questioned the staff on being forced to pay the service charge, the pub management allegedly insisted that he pay the stipulated amount.

Sameer then filed a complaint against the pub at the Bengaluru Urban Additional District Consumer Disputes Redressal Commission in Shanthinagar.

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personal

CHANGE OF NAME

I, JANE QUEENS FREDA JOSEPH JAYAKUMAR D/o Guna Singh R/at No.286, Bhel Layout Kenchena Halli, Bengaluru- 560098, have changed my name to JANE QUEENS FREDA GUNA SINGH Vide affidavit dated: 22/12/2023 Before Notary A.R.Muneer Ahmed Bangalore.

I, Syed Zaid Ahmed Nazir, S/o Nazir, Resident at 469D, 1st B street,C cross Road, Mathikere, Bangalore 560054. Have Changed my name to Zaid Nazir Ahmed Sayyed. Vide Affidavit Dated 11-12-2023. Sworn Before Notary Chandrakala, Bengaluru.

I, Khan Rasheeda Gulam alias Rashida Banu Khan D/o Gulam Raza Abdul Rashid Khan R/o Gpk Layout 2nd Cross Munnbeshwar Nagar Bandepalya B'luru-560068 have changed my name to Rashida Banu Gulam Raza Khan for all purposes.

I, Hajira Begum W/o Naveed Pasha R/o Door no 3234 Thoph Khana Mohalla near Railway station Ramanagara -562159 have changed my name to Hajeera Begum for all purposes

Change of Name

I Ravichandra R. S/o Renukaiah, R/o Channathimmanapalya village, Bidanagere post, Huthridurga Hobli, Kunigal Taluk, Tumkur District, Karnataka-572130, stating that my mother name in **all records mentioned as SUSHEELA B.G.** But in the school records (Valley International School, Gottikere, Kunigal), my mother name is wrongly mentioned as SUSHEELAMMA. **My mother's correct name is SUSHEELA B.G** and I request the concerned to enter the same name in my school records. If there is any problem regard this in the future, I will be responsible for it. So I hereby certify that all the above information is correct in the presence of Advocate & Notary S.U.Singri Gowda, Kunigal dated 19.12.2023.

I Basavanagowda Patil, S/o, Channabasavanagowda Patil R/o, No 4m-407, 4th Main, 3rd Block, Hrbr Layout, Kammanahalli, Kalyan Nagar Bengaluru 560043, have changed my name to Basavanagowda Channabasavanagowda Patil for all purposes

I Sudhakar S/O, Bhaskar D R/o 12/5 Bachammal Road Cox Town Bengaluru - 560005 have changed my name to Sudhakar Bhaskar.

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Experts' tips on managing high risk pregnancies

Early prenatal care and addressing risk factors can contribute to a healthier and safer pregnancy

A high-risk pregnancy signifies an increased likelihood of health issues for the mother or baby before, during, or after delivery, necessitating early maternal and prenatal care. Various factors contribute to high-risk pregnancies, including prior medical conditions, fetal complications, abnormalities, or critical care concerns. Several risk factors and symptoms define a high-risk pregnancy, such as structural or genetic abnormalities in the fetus, a history of previous pregnancies and complications, prenatal test results, and specific symptoms like bleeding during pregnancy.

According to health experts, the leading causes of high-risk pregnancies may stem from preexisting medical conditions, lifestyle factors, pregnancy-related health concerns, or a history of previous pregnancies.

Early prenatal care and addressing these risk factors can contribute to a healthier and safer pregnancy. Pre Existing medical conditions encompass a range, including anemia, chronic hypertension, asthma, cardiac disease, renal disease, seizure disorder, Rh alloimmunization, HIV infection, hepatitis B carrier, thrombophilias/blood disorders, autoimmune diseases, diabetes/endocrine disease, fibroids, infectious diseases (Covid-19, flu), gastrointestinal diseases, obesity, placental disease, pulmonary disease, surgical conditions, vascular disease, and women's emotional or mental health.

"Health conditions emerging during pregnancy that may lead to high-risk pregnancies include pregnancy-related depression, gestational diabetes, irregularly shaped uterus, placental disorders, preeclampsia, and eclampsia. Lifestyle choices, such as alcohol or drug abuse and smoking, can also contribute to a high-risk pregnancy. Additionally, pregnancy history, certain genetic conditions and abnormalities, depression, prior preterm birth, stillbirth/neonatal death, prior cesarean delivery, previous incompetent cervix, history of preeclampsia before 32 weeks, infants with cerebral palsy, poor growth/FGR/small fetal size, pregnancies with multiples (twins, triplets, etc.), pregnancy after 35 (elderly gravida), and teenage pregnancy (< 17 years) can heighten the risk", said a gynecologist.

Experts offer valuable tips for preventing high-risk pregnancies, emphasizing that while some factors are not preventable, regular obstetrician/gynaecologist care, healthy pregnancy planning, avoiding drug and alcohol use, checking family and personal health history, maintaining a healthy body weight, good nutrition, regular exercise, monitoring current health conditions, planning pregnancies between 18-35 years, reviewing medications for safe use during pregnancy, smoking cessation, and preconception counseling can help prevent or reduce the likelihood of a high-risk pregnancy. The main objective of prenatal care is to prevent and treat abnormal maternal and fetal outcomes.

Strategies to manage symptoms

Feeling hot is another common experience in pregnancy, resulting from hormonal changes and increased blood flow. To alleviate this, wearing loose, breathable fabrics, staying hydrated, and carrying a water bottle are recommended. A gynecologist said, "Fainting is a common issue during pregnancy, characterized by dizziness when standing for extended periods or getting up suddenly. This symptom is attributed to hormonal changes, low blood pressure, and reduced blood flow to the brain. To address this, experts suggest taking precautions such as getting up slowly after sitting or lying down, sitting or lying down on your side if you feel dizzy, and staying hydrated. Indigestion and heartburn are prevalent issues during pregnancy, often accompanied by nausea and bloating. Strategies to manage these symptoms include avoiding spicy foods, eating smaller meals frequently, and refraining from eating two hours before bedtime. Swollen ankles, hands, and feet are a known occurrence in pregnancy due to water retention. To mitigate this, experts advise avoiding prolonged periods of standing and propping up the feet to a position higher than the heart for about an hour each day. These practical tips aim to enhance the overall well-being and comfort of pregnant individuals."

ADVERTORIAL

Expert Tips for Women's Wellness

Robotic Surgery in Gynaecology

Robotic Surgery revolutionizes medical procedures, where surgeons manipulate robotic arms from a console, enhancing precision and access.
Comprising a surgeon's console, a vision cart, and a patient cart, the system offers HD and 3D vision, enabling meticulous surgery. The endowrist function facilitates intricate movements, crucial in reaching challenging sites. In Gynaecology, robotic Surgery excels in complex procedures like hysterectomy, myomectomy, and cancer surgeries, ensuring superior outcomes. With minimal pain, reduced blood loss, and shorter hospital stays, it signifies a significant stride in women's healthcare. Continuous technological advancements promise expanded applications, heralding a brighter future for patient care.

Dr. Padmalatha V V
Consultant Obstetrician and Gynaecologist, SPARSH Super Speciality Hospital, Yeshwanthpur

Pregnancy Challenges: Tips for Moms

Pregnancy Challenges: Tips for Moms
Pregnancy brings along common challenges, such as constipation, attributed to hormonal shifts, medication, and insufficient fiber intake. To combat this, a fiber-rich diet and proper toileting habits, coupled with adequate water consumption, prove beneficial. Fainting, a prevalent symptom, arises from hormonal fluctuations, low blood pressure, and reduced cerebral blood flow. Combat dizziness by rising slowly, staying hydrated, and resting promptly. Feeling hot, another occurrence tied to hormonal changes and increased blood flow, finds relief through loose, breathable attire and hydration. Indigestion and heartburn, frequent companions in pregnancy, respond well to dietary adjustments like avoiding spice and consuming smaller, more frequent meals. Swollen ankles, hands, and feet, a result of water retention, necessitate elevation for an hour daily to alleviate discomfort. Understanding and addressing these issues ensure a smoother pregnancy journey.

Dr. Divya L
Consultant Obstetrician and Gynaecologist, SPARSH Super Speciality Hospital, Yeshwanthpur

Safeguarding High-risk pregnancy

High-risk pregnancies, signaling elevated health concerns for both mother and baby, demand proactive maternal and prenatal care. Factors contributing to this classification include prior medical conditions, fetal abnormalities, and critical care issues. Structural or genetic fetal anomalies amplify risks, as do past pregnancy complications, prenatal test outcomes, and symptoms like bleeding. Diverse risk factors, encompassing preexisting medical conditions (anemia, chronic hypertension, diabetes), lifestyle elements, and pregnancy-related health issues, mandate vigilant prenatal care. A comprehensive evaluation and management of these risk factors aim to ensure the safest possible pregnancy. Early identification of conditions like cardiac or renal diseases, infectious diseases, and emotional well-being contribute to a holistic approach for a healthy outcome.

Dr. Shwetha Krishnamurthy
Consultant Obstetrician and Gynaecologist, SPARSH Super Speciality Hospital, Yeshwanthpur

Critical Care Continuum

The hospital houses a Level III NICU, delivering critical care for premature infants or those needing specific medical interventions. Distinguishing the Pediatric Intensive Care Unit (PICU) from the NICU is crucial, as the former caters to a wider age range, ensuring comprehensive care from infancy to adolescence. The PICU operates on a tiered system, addressing complex and critical cases at Levels I and II. Simultaneously, the NICU provides distinct levels of care for newborns, ranging from basic care in Level I to intensive care for critically ill infants in Level III. This tiered approach ensures tailored and effective medical interventions for patients at different stages of vulnerability.

Dr Anil MU
Consultant Paediatrics
SPARSH Super Speciality Hospital, Yeshwanthpur

For appointments call: 080 61 222 000

 # Robert Pattinson, Suki Waterhouse engaged? — Hollywood star Robert Pattinson reportedly now engaged to his girlfriend Suki Waterhouse. The couple recently sparked buzz when Waterhouse was photographed wearing a diamond ring

BangaloreMirror | 12
Saturday, December 23, 2023
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Action, and some more action

Director Prashanth Neel has once again selected a subject that showcases violence on a large canvas. His latest too is in the same shades as was his last film KGF. The problem with this movie is that it has no provision for songs or comedy. But, there is no dearth of actors from different regions.

The movie opens with a wrestling competition taking place at Khansaar. The wrestler throws a challenge to the people of Khansaar to compete with him. Varada approaches his childhood friend Deva after being deprived of his insignia. Deva not only defeats the wrestler but also restores the insignia to Varada. However, violence breaks out in Khansaar and attempts are made to eliminate Deva and his mother (Eswari Rao) but Varada rescues them and asks them to go away to a faraway place.

Later the scene shifts to Adya (Shruti Haasan), the daughter of Krishna Kant. The henchmen of Obulamma try to kidnap Adya but her well-wishers ensure that she gets shelter at a local school maintained by Deva's mother. Why Adya is being hunted and how she is saved by Deva and why Deva returns to Khansaar is what Salaar Part 1: Ceasefire is all about.

The movie has got an A certificate from the Central Board of Film Certification because of the gory scenes. As far as the performance of the actors is concerned, Prabhas is at his best. His gestures, body language and acting skills are a treat to watch. Prithviraj Sukumaran maintains a low profile. Jagapathi Babu, the hero-turned-villain, is convincing as Rajamannar. Kannada movie Gultoo fame Naveen Shankar, has acted well. There is nothing for Shruthi Haasan to, except delivering dialogues in English and emptying a liquor bottle. Shriya Reddy, as the daughter of Raja Mannar, looks good. Devaraj appears in a few scenes. It is nice to see Tinu Anand on the screen.

Cinematographer Bhuvana Gowda has once again proved his mettle. Background score by Ravi Basrur is good.

Had the director reduced the duration of the movie, removed one or two violent scenes, and ensured a few comedy scenes to break the monotony, the movie would have been a good one for class as well as mass audiences.

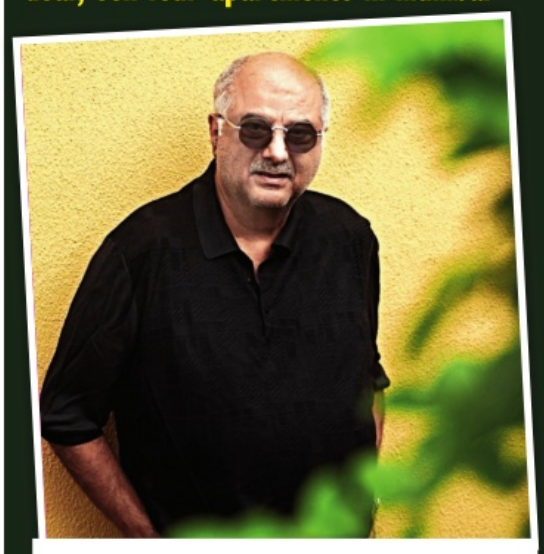
But it is worth a watch for hardcore fans of Prabhas and those who crave action flicks.

—Y Maheswara Reddy

SALAAR PART 1: CEASEFIRE
3.0 RATING ★★★☆☆
- **DIRECTOR** Prashanth Neel
- **ACTORS** Prabhas, Prithviraj Sukumaran, Jagapathi Babu, Shruti Haasan, Bobby Simha, Easwari Rao
- **CERTIFICATION** A
- **Duration** 176 minutes

BIG DEAL

Boney Kapoor and daughters Janhvi-Khushi Kapoor seal mega property deal, sell four apartments in Mumbai



In a noteworthy real estate move, film producer Boney Kapoor, accompanied by his daughters Janhvi Kapoor and Khushi Kapoor, has successfully concluded the sale of four apartments nestled in the upscale Green Acres locality of Andheri. According to the details that ETimes has received, the larger of the four apartments, boasting an expansive area of 1,870 square feet has found new owners in Siddharth Narayan and Anju Narayan.

This substantial living space, part of the Kapoors' erstwhile property portfolio, will now be adorned by its new occupants, marking a significant transaction in Mumbai's real estate landscape. Further, the remaining two flats, encompassing a total of 1614 square feet, have been acquired by Muskaan Bahirwani and Lalit Bahirwani.

Upon reaching out to Boney Kapoor for confirmation, the industry stalwart affirmed the successful completion of the deal. As the buyers, Siddharth Narayan, Anju Narayan, Muskaan Bahirwani, and Lalit Bahirwani, embark on a new chapter in their respective residences, the legacy of these flats within the iconic Green Acres complex evolves, carrying forward the essence of luxury living in the heart of Andheri. This real estate manoeuvre not only reflects the dynamism of Mumbai's property market but also hints at the ever-evolving priorities and preferences of prominent figures like Boney Kapoor within the city's realty landscape. On the professional front, Jahnvi Kapoor was last seen in a cameo appearance in the song 'Heart Throb' from 'Rocky Aur Rani Kii Prem Kahaani.' However, it's her much anticipated Telugu debut, 'Devara,' starring NT Rama Rao Jr. in the lead role, which is currently garnering attention, with its release scheduled for 2024. Meanwhile, marking her debut, Jahnvi's younger sister, Khushi Kapoor, ventured into the OTT space with 'The Archies.' Looking ahead, Khushi has an exciting lineup of projects that are generating anticipation among audiences.

—ETimes

"Largest of the 4 apartments spans 1,870 square feet

HEALTH TIP: The best food sources of vitamin D are oily fish, including salmon, mackerel, and sardines

Mushrooms contain macronutrients that support a healthy immune system

BangaloreMirror | 13
Saturday, December 23, 2023
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FRUITY BITES

Is it OK if my child eats lots of fruit but no vegetables?

Does it seem like most vegetables you serve your children end up left on the plate, or worse, strewn across the floor? But mention dessert, and your fruit skewers are polished off in an instant.

Or maybe the carrot and cucumber sticks keep coming home in your child's lunchbox untouched, yet the orange slices are nowhere to be seen.

If you're facing these struggles with your child, you're not alone. Many children prefer fruit to vegetables.

So if your child eats lots of fruit but minimal or no vegetables, is that OK? And how can you get them to eat more veggies?

Children have an innate preference for fruit

The Australian Dietary Guidelines' recommended daily intakes for vegetables and fruit depend on a child's age.

Consumption among Australian children falls well below recommendations. Around 62.6% of children aged over two meet the recommended daily fruit intake, but only 9% meet the recommended vegetable intake.

This is not surprising given children have a natural preference for fruit. At least in part, this is due to its sweetness and texture, whether crispy, crunchy or juicy. The texture of fruit has been linked to a positive sensory experience among children.

Vegetables, on the other hand, are more of an acquired taste, and certain types, such as cruciferous vegetables, can be perceived by children as bitter.

The reason children often prefer fruit over vegetables could also be related to the parents' preferences. Some research has even suggested we develop food preferences before birth based on what our mother consumes during pregnancy.

Balance is key

So, a preference for fruit is common. But is it OK if your child eats lots of fruit but little to no vegetables? This is a question we, as dietitians, get asked regularly.

You might be thinking, at least my child is eating fruit. They could be eating no veggies and no fruit. This is true. But while it's great your child loves fruit, vegetables are just as important as part of a balanced eating pattern.

Vegetables provide us with energy, essential vitamins and minerals, as well as water and fibre, which help keep our bowels regular. They also support a strong immune system.

If your child is only eating fruit, they are missing some essential nutrients. But the same is true if they are eating only veggies.

Fruit likewise provides the body with a variety of essential vitamins and minerals, as well as phytochemicals, which can help reduce inflammation.

Evidence shows healthy consumption of fruit and vegetables protects against chronic diseases including high blood pressure, heart disease and stroke.

Consumed together, fruit and vegetables in a variety of colours provide different nutrients we need, some of which we can't get from other foods. We should encourage kids to eat a "rainbow" of fruit and vegetables each day to support their growth and development.

What if my child eats too much fruit?

If your child is eating slightly more fruit than what's recommended each day, it's not usually a problem.

Fruit contains natural sugar which is good for you. But too much of a good thing, even if it's natural, can create problems. Fruit also contains virtually no fat and very little to no protein, both essential for a growing child.

When overindulging in fruit starts to displace other food groups such as vegetables, dairy products and meat, that's when things can get tricky.

6 tips to get your kids to love vegetables

1. Get them involved

Take your child with you when you go shopping. Let them choose new vegetables. See if you can find vegetables even you haven't tried, so you're both having a new experience. Then ask them to help you with preparing or cooking the vegetables using a recipe you have chosen together. This will expose your child to veggies in a positive way and encourage them to eat more.

2. Sensory learning

Try to expose your child to vegetables rather than hiding them. Kids are more likely to eat veggies when they see, smell and feel them. This is called sensory learning.

3. Have fun with food

Use colourful vegetables of different sizes and textures. Make them fun by creating scenes or faces on your child's plate. Add edible flowers or mint for decoration. You can even serve this with a side of veggie-based dip such as hummus or guacamole for some bonus healthy fats.

4. Teach them to grow their own

Teach your child how to grow their own vegetables. Evidence shows kids are more inclined to try the food they have helped and watched grow. You don't need to have a big backyard to do this. A windowsill with a pot plant is a perfect start.

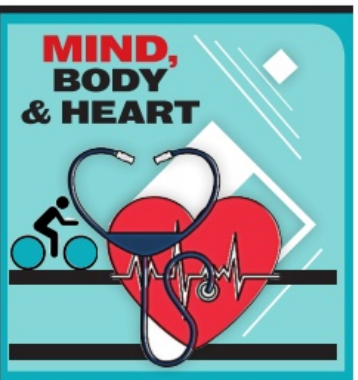
5. Lead by example

Your child learns from you, and your eating habits will influence theirs. Ensure they see you eating and enjoying veggies, whether in meals or as snacks.

6. Practise persistence

If your child refuses a particular vegetable once, don't give up. It can take many attempts to encourage children to try a new food.

(By Yasmine Probst, Olivia Wills and Shoroog Allogmanny, University of Wollongong, The Conversation)



All you need to know about...

Sleep deprivation

Mood downer

Lack of sleep not only makes us tired, but can also affect our emotional functioning, decrease positive moods and put us at higher risk for anxiety symptoms, according to a study.

Not enough sleep

The study, published in the journal Psychological Bulletin, synthesised more than 50 years of research on sleep deprivation and mood.

Lead author Cara Palmer, PhD, of Montana State University said that the findings showed that more than 30 per cent of adults and up to 90 per cent of teenagers don't get enough sleep.

Critical need

"In our largely sleep-deprived society, quantifying the effects of sleep loss on emotion is critical for promoting psychological health," Palmer said.

"This study represents the most comprehensive synthesis of experimental sleep and emotion research to date, and provides strong evidence that periods of extended wakefulness, shortened sleep duration, and nighttime awakenings adversely influence human emotional functioning," she added.

Even small sleep loss can be problematic

Researchers found that all kinds of sleep loss – disrupted sleep, less-than-usual sleep, keeping awake the whole night – resulted in fewer positive emotions such as joy, happiness and contentment among participants, as well as increased anxiety symptoms such as a rapid heart rate and increased worrying.

"This occurred even after short periods of sleep loss, like staying up an hour or two later than usual or after losing just a few of hours of sleep," Palmer said. "We also found that sleep loss increased anxiety symptoms and blunted arousal in response to emotional stimuli." —IANS

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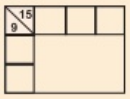
SOLVE IT IN A MINUTE

Find the largest number which when subtracted from 10000, the remainder is divisible by 32, 36, 48 and 54.

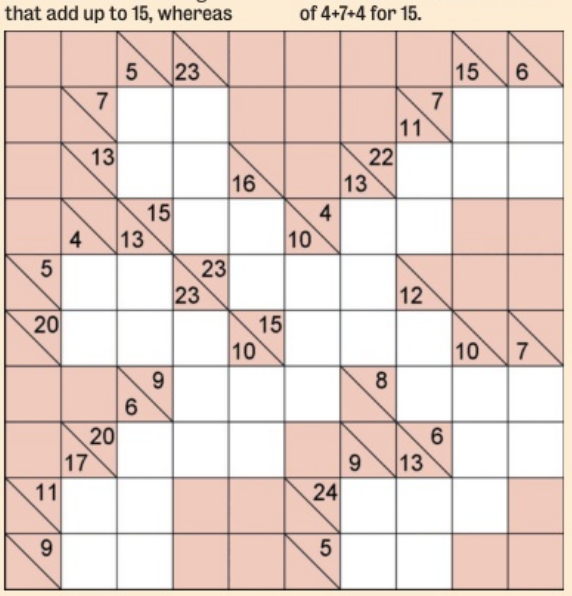
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

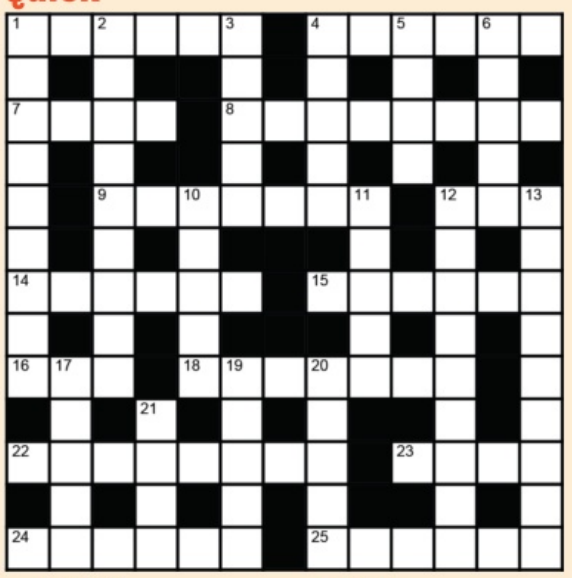


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Sounded discordantly (6)
4 Off course (6)
7 Egg yellow (4)
8 Judges or adjudicators (8)
9 Pulling or tugging sharply (7)
12 Pad of loose material (3)
14 Sentries (6)
15 Caesar's murderer (6)
16 Fish eggs (3)
18 Underground stem (7)
22 Further or continued action or measure? (6,2)
23 __ __ true : a question of doubt ? (2,2)
24 Sent out or emitted (6)
25 Open-mouthedly showed boredom (6)

DOWN

1 Area home to the City Central Library (9)
2 Multi-participant sporting contest (5,4)
3 Imbibed (5)
4 Indonesian island – "ban Mo" anagram (5)
5 Ceremony (4)
6 Terra ___ : dry land, mother earth ? (5)
10 The lowest point (5)
11 Greta, the famous film star? (5)
12 Monsoon period? (3,6)
13 Interrupted flow or continuity of (9)
17 Double-reeds (5)
19 Used an axe? (5)
20 Quick and energetic (5)
21 The French for 'blue' (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: C EQUALS T

CLK CLJOW CU PKNKNZKP JD CLRC CLRC CLK SBCBPK YUNKD UOK ERM RC R CJNK.

Linemaro

You are the wind beneath my wings

Mindchow

Be not afraid of growing slowly, be afraid only of standing still

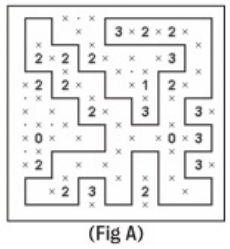
Joke of the day

I can't finish this autobiography, but that's the story of my life

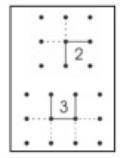
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

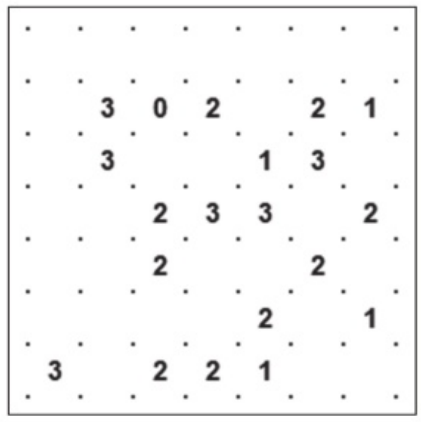


(Fig B) Not Allowed

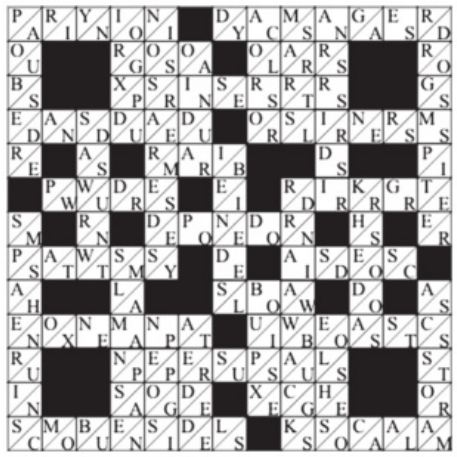
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



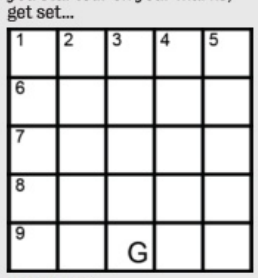
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

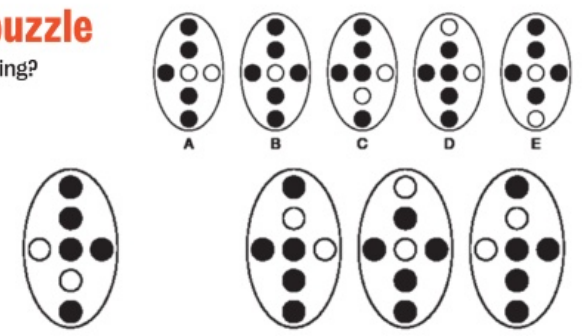
1 Wares; 6 IR Arm;
7 Salia; 8 Risen;
9 Tigre

DOWN

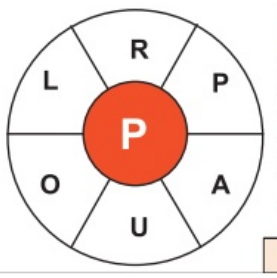
1 Trams; 2 Ail I a;
3 R wing; 4 Saree;
5 Err is

Mensapuzzle

Which is missing?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

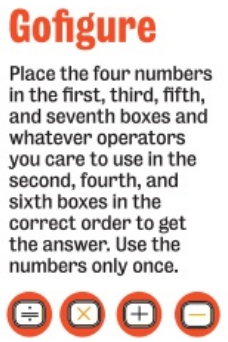
SudokuChallenge

				3				
	7	5					1	
9			6				7	8
			8	7				2
7	6		9		5		4	1
8				4	6			
1	2				3			9
	8					2	3	
				8				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

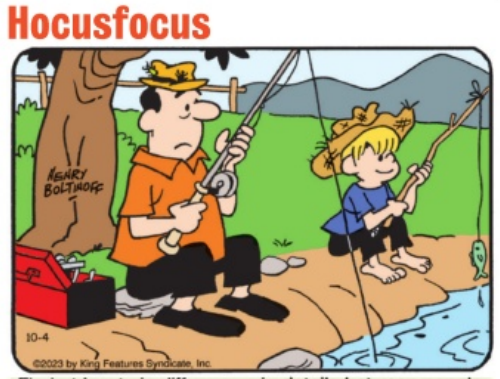


Easy = 11
2 3 3 3

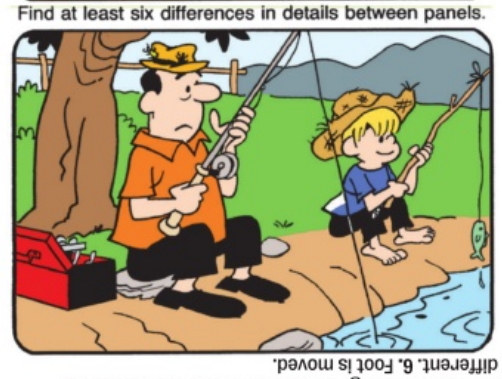
Medium = 30
5 8 8 9

Hard = 56
5 7 9 6

Hocusfocus



Find at least six differences in details between panels.



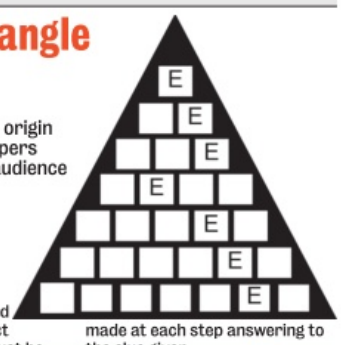
Differences: 1. Thumb is moved. 2. Fish is reversed. 3. Rock is missing. 4. Hat is different. 5. Mountain is different. 6. Foot is moved.

Riddler

One-fifth of the people who sponsored Stacey for her fun run are work colleagues, one-third are family, one-sixth are old school friends. The remaining 18 were strangers. How many people sponsored Stacey?

Alpha triangle

1 Second vowel
2 Delaware, abbr.
3 Pass away
4 Of Indian or local origin
5 Assistants or helpers
6 Remarks to the audience
7 Flowers

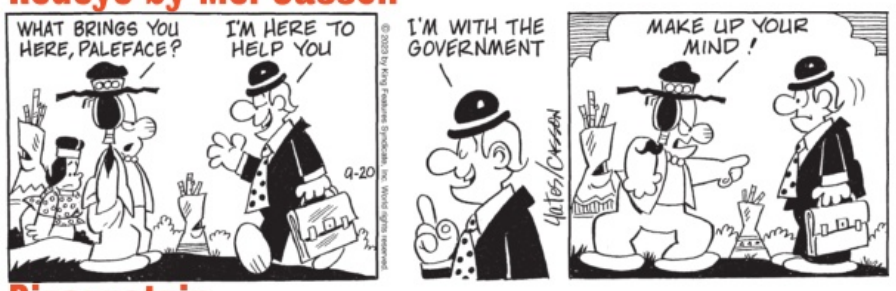


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson


WHAT BRINGS YOU HERE, PALEFACE?
I'M HERE TO HELP YOU
I'M WITH THE GOVERNMENT
MAKE UP YOUR MIND!
MELS/CASSON
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9-20

Bizarrotrip

Wayno & Piraro
BIZARRO.COM
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10-4-23
Dist. by King Features
WAFFLE HOUSE
I'll have the breakfast sandwich. No, wait, the spinach omelet. But that sandwich does look good. An omelet is healthier but may not fill me up. Still, I shouldn't eat too many carbs...

Diamond Lil

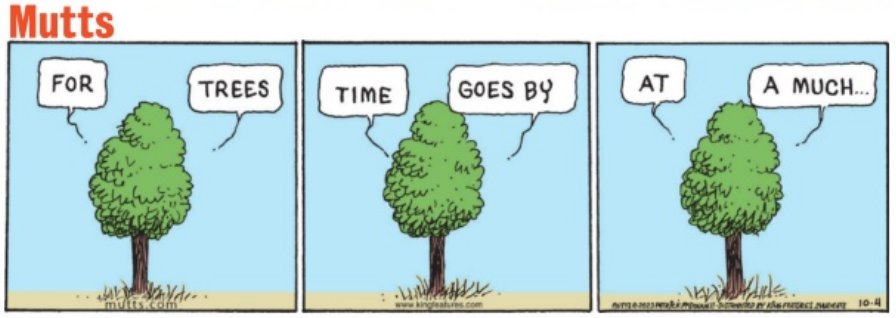
Hart of the city

SOME CHILDREN HAVE LOTS OF SIBLINGS. SOME CHILDREN HAVE NONE!
I HAVE LOTS OF SIBLINGS!
TWO ISN'T "LOTS."
SHHH!
YOU THREE MUST BE SIBLINGS.
HEART OF THE CITY © 2023 ARDEN STORIES
@GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

IT LOOKS LIKE CRANKSHAFT IS TRYING TO CONCOCT SOME NEW SCHEME FOR GETTING THE LEAVES OUT OF HIS GUTTERS.
THERE'S NO WAY THIS ENDS WELL!
BATIUK & DAVIS

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel tired due to overworking, making you lazy and careless. It's advised to maintain patience. If you're planning an adventure tour, you can just go ahead and postpone it. Past investments may turn into dead stock. Students are advised to work hard. Health issues such as backache, nervous system, liver-related, and skin problems may arise.

Taurus Apr 21 – May 20
Today, your creativity may be high, leading you to plan house renovations. Purchasing items for home or office improvement can enhance social status. Harmony with the spouse is likely, to foster domestic peace. Disputes with friends, co-workers, and partners may be resolved. Good news may come regarding legal matters.

Gemini May 21 – Jun 21
Today, you'll achieve a balance between earnings and expenditures, boosting your finances. Your network will help implement plans. Siblings and subordinates will be supportive. Consider visiting elders or a religious place.

Cancer Jun 22 – July 23
Today, sleeplessness may cause dullness and affect your efficiency. A visit to a religious place is advised. Elders' blessings in the evening may help rectify mistakes and plan for the coming day. Take care of your parents' health.

Leo Jul 24 – Aug 23
Until late afternoon, you may feel dull, impacting your work. Elders' blessings can bring back your energy. Pay extra attention to your child's health. Victory against enemies is likely, but investors should be cautious. Stomach issues may cause discomfort.

Virgo Aug 24 – Sep 23
Today, you'll be happy at work, making important decisions by the end of the day. A short trip is possible. Subordinates will be cooperative. Good news regarding siblings' success is expected. You may win legal matters. Students will be focused on achieving their goals.

Libra Sep 24 – Oct 22
Communication skills will benefit your professional front today. Politeness may speed up your projects. Love birds may exchange views, strengthening their relationship

Scorpio Oct 23 – Nov 22
Blessings from the moon bring benefits from a new partnership. High energy levels may result in financial gains. Hard work and enthusiasm will pay off, and self-respect will shield you from negativity.

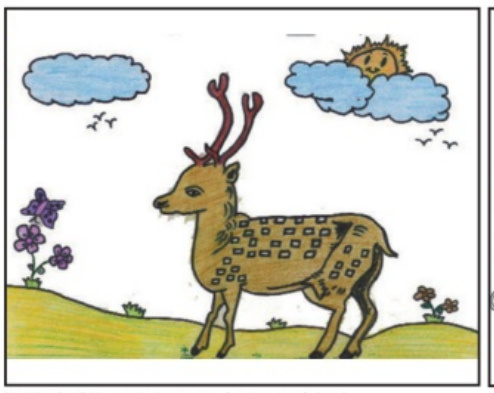
Sagittarius Nov 23 – Dec 22
You may meet old friends or engage in social gatherings. Excitement prevails, and new business innovations may occur. Unexpected material gains and good news in studies for kids are likely.

Capricorn Dec 23 – Jan 20
Blessed by the moon, your small investments may yield significant profits. Increased working efficiency may lead to success with less effort. Good news in legal matters and control over opponents is expected.

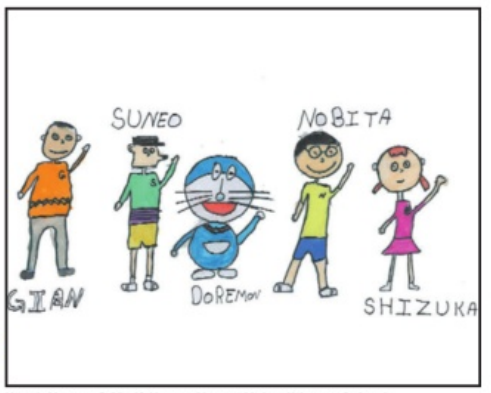
Aquarius Jan 21 – Feb 19
Blessings from the moon may bring success with small efforts. Profits from past investments and rewards for hard work in professional and domestic life are likely. Increased prestige and resolution of spouse disputes may occur.

Pisces Feb 20 – Mar 20
Today, you may feel better with situations under control. Your network may assist you at work. Overseas travel is possible, and domestic harmony and love life may improve. Creativity may bring artefacts for the family, and planning outings with friends or family is favoured.

KIDZONE



Rishika P, 13 Years, Indiranagar Cambridge School



Nitish Kumar S M, 12 Years, Vasavi Vidya Niketan School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
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SOLUTIONS

SOLVE IN 1M
2^5 * 3^3 is smallest common multiple. And that's 864. So highest possible remainder is 10,000 - 864 = 9136.

RIDDLER 60 people

BULL'S EYE
opal, plop, polar, polar, POPULAR, pour, pulp, pupa, purl

FAST FIVE

S	A	W	E	R
M	A	R	R	I
A	L	I	A	S
R	I	N	S	E
T	I	G	E	R

STRIKE OUT

P	I	N	O	N		D	A	M	A	G	E	D		
		O		G	O	A		L	A	S		O		
		S		P	R	I	E	S	T	S		S		
	E	N	D	U	E	D		O	S	I	E	R	S	
	R	A		M	A	B		S		I		T		
	P	U	R	E		I		D	I	R	G	E		
		P	A	G	E		E	C	E			R		
	C	O	U	N	S	E	L		K	O	A	L	A	

QUICK

J	A	R	R	E	D		A	D	R	I	F	T		
		E		E		R		M		I		I		
F	O	L	L	O	W	U	P		I	S	I	T		
		B		B		E		I		A		P		
R	O	E		R	H	I	Z	O	M	E		U		
A		C		I						S		R		
G	U	A	R	D	S		B	R	U	T	U	S		
A		R		A						E		I		
N		Y	A	N	K	I	N	G		W	A	D		
A		A		N		O		E		M		
Y	O	L	K		A	R	B	I	T	E	R	S		
A		E		R		M		I		I		
I	S	S	U	E	D		Y	A	W	N	E	D		

MENSA PUZZLE
B: the white dots are each moving left to right and bottom to top (and vice versa) one place at a time at each stage

QUOTE UNCODE
The thing to remember is that that the future comes one day at a time.

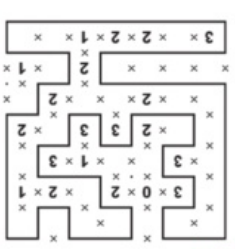
SUDOKU

6	4	8	1	3	7	9	2	5
2	7	5	4	9	8	6	1	3
9	3	1	6	5	2	4	7	8
4	5	9	8	7	1	3	6	2
7	6	3	9	2	5	8	4	1
8	1	2	3	4	6	5	9	7
1	2	4	5	6	3	7	8	9
5	8	6	7	1	9	2	3	4
3	9	7	2	8	4	1	5	6

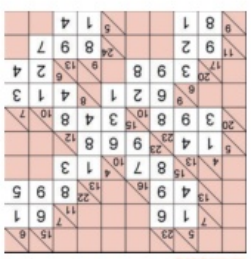
ALPHA TRIANGLE
E, DE, Die, Desi, Aides, Asides, Daisies.

GO FIGURE
Easy
3 + 2 + 3 + 3 = 11
Medium
9 + 8 + 5 + 8 = 30
Hard
6 + 7 x 5 - 9 = 56

LOOP



KAKURO



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